













V = VEGETARIAN

	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 03 June 2024	Pear Fresh milk	 	Grilled beef with pepper sauce Chicken stewed with mushrooms and lotus seeds	Bried tofu w spring onion v Hasselback potatoes v Steamed rice v Sauteed sweet mustard leaves v	Banana muffin Pineapple juice
TUESDAY 04 June 2024	Dragon Yogurt	 	Spaghetti carbonara Shrimp balls in chinese shichuan chili sauce	Sauteed mix mushroom with vegetable v Baked corn v Steamed rice v Baked vegetables with herbs v	Mix pizza Watermelon juice
WEDNESDAY 05 June 2024	Banana Fresh milk	 	Baked chicken thighs w creamy mushroom sauce Stir-fried beef shaken with green pepper	Coconut curry vegetables v Singapore fried noodles v Steamed rice v Fried kohlrabi v	Kimbap Orange juice
THURSDAY 06 June 2024	Mango Fresh milk	 	Pasta with pesto sauce and ham Fried fish with korean spicy sauce	Eggs with tomatoes v Dinner rolls v Steamed rice v Boile mix vegetable v	Chicken buger Lemon juice
FRIDAY 07 June 2024	Watermelon Yogurt	 	ITALIAN FOOD DAY Spaghetti bolognese Ham & sausage pizza Vegetables pizza	Steamed rice v Sauteed cabbge v	Banana pancake Guava juice



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	MORNIN G SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 10 June 2024	Apple Fresh milk	 	Cheese grilled pork Steamed fish with korean soy sauce	Baby corn stir-fried with mixed mushrooms v Steamed corn v Steamed rice v Boiled bottle gourd and carrot v	Kebab Lemon juice
TUESDAY 11 June 2024	Dragon Yogurt	 	Spaghetti w min beef Grilled chicken with teriyaki sauce	Vegetable with green bean curry v Dinner rolls v Steamed rice v Sauteed bok choy v	Ham and cheese pizza Watermelon juice
WEDNESDA Y 12 June 2024	Banana Fresh milk	 	Beef stew with demi sauce Mixed stir-fried shrimp	Tofu soaked in onions v Stir-fried rice noodles w green vegetables v Steamed rice v Sauteed garlic spinach v	Apple muffin Passion fruit juice
THURSDAY 13 June 2024	Mango Fresh milk	 	Pasta w ham cream sauce Korean ganjang chicken	Braised egg in spring onion v Baked potatoes with herbs v Steamed rice v Kohlrabi & carrot sauteed w garlic v	Chicken tortilla Pineapple juice
FRIDAY 14 June 2024	Watermelon Yogurt		BIBIMBAP DAY Stir fry beef Kim chi, zucchini, seaweed, mushrom, onion, spinach, bean sprouts	Fried egg v Steamed rice v Sauteed cabbage v	Kimbap Guava juice



EARLY YEARS CENTRE LUNCH MENU : W3 June 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 17 June 2024	Pear Fresh milk	 	Pesto bacon spaghetti Fried squid with snow flower	Eggs with tamarind sauce v Dinner rolls v Steamed rice v Sauteed bok choy v	Chicken burger Pineapple juice
TUESDAY 18 June 2024	Watermelon Yogurt	 	Oven-roasted chicken with aromatic leaves and orange sauce Korean bulgogi stir-fried beef	Szechuan tofu v Korea's mixed noodle v Steamed rice v Sauteed bean sprouts w green onion v	Pork pillow cake Wintermelon juice
WEDNESDAY 19 June 2024	Banana Fresh milk	 	Pasta w ham cream sauce Spicy fried pork with korean sauce	Stewed white beans and vegetables v Hasselback potatoes v Steamed rice v Boil chayoted and carrot v	Apple muffin Watermelon juice
THURSDAY 20 June 2024	Melon Fresh milk	 	French style stewed beef Baked fish satay	Stir-fried asparagus with mixed mushrooms v Steamed corn v Steamed rice v Fried cabbage v	Chicken tortilla Orang juice
FRIDAY 21 June 2024	Dragon fruits Yogurt	 	INDIAN FOOD DAY Chicken curry Pakora Samosa meat	Steamed rice v Sauteed mix vegetable v	Oatmeal cookies Guava juice



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		Main Dishes	Side Dishes		
MONDAY 24 June 2024	Cereals Fresh milk	 	Spaghetti carbonara Pork stew with Japanese dashi sauce	Lotus root stewed with fruits and vegetables v Dinner rolls v Steamed rice v Boil mix vegetable v	Kebab Passion fruit juice
TUESDAY 25 June 2024	Watermelon Yogurt	 	Baked chicken thighs w creamy mushroom sauce Sweet and sour stir-fried fish	Szechuan tofu v Steamed corn v Steamed rice v Sautéed bean sprouts w green onion v	Kimbap Watermelon juice
WEDNESDAY 26 June 2024	Banana Fresh milk	 	HAMBURGER DAY Beef burger, Mixed fried rice, KFC fried chicken	Steamed rice v Boil chayote and carrot v	Apple muffin Watermelon juice
THURSDAY					
FRIDAY					